

**South Carolina Department of Disabilities and Special Needs
Self-Administration Medication Assessment - Metered-Dose Inhaler**

Consumer:		Residence/Site:		
Assessment time	Assessor	Title	Date	
1				
2				
3				
<p>SCORING: If the individual can complete the task independently (without verbal prompts or manual assistance), place a 'Y' in the assessment results column. If the individual cannot complete the skill or requires verbal or manual guidance, place a 'N' in the assessment results column. An individual is not considered 'independent' in self-administration of metered-dose inhaler medications unless all items are rated as 'Y'.</p>				
<p>Does the individual complete the following steps independently (without verbal prompts or manual assistance)? Record a Yes ('Y') or No ('N') in the appropriate column.</p>				
Item		Assessment Time		
FOR METERED-DOSE INHALER MEDICATION		1	2	3
Preparation:				
Recognizes the time the medication is to be applied (e.g., tells time; associates with a particular activity, etc.)				
Identifies when medications need to be reordered and notifies appropriate person OR a system is in place to support the individual in re-ordering medication				
Washes hands				
Identifies and removes correct metered-dose inhaler from locked medication supply				
Identifies the purpose of the medication				
Identifies the most common side effects of the medication				
Identifies who to contact if problems with the inhaler medication occur				
Using the metered-dose inhaler:				
Removes all packaging from inhaler, including foil (if applicable) and checks that the inhaler is the correct medicine, dose, and not expired				
Prepares a glass of water to be used to rinse mouth after using inhaler				
Inserts metal canister into plastic holding device				
Removes mouthpiece cover				
Keeps canister in vertical position				
Primes inhaler (if needed) according to package insert				
Checks for foreign objects in mouthpiece				
Shakes inhaler thoroughly (10 – 30 seconds)				
Holds head upright and breathes out slowly and completely through mouth				
Positions the mouthpiece of the inhaler between teeth and seal lips around it.				
Presses down on canister one time while breathing in slowly and completely				
Holds breath for 10 seconds				
Repeats the above steps for each puff ordered by the primary care provider, waiting about 1 minute between puffs.				
Replaces cap on the inhaler when finished				
Rinses out mouth with water and spits out without swallowing				
Washes hands				
Documents medication applied on Medication Administration Record (MAR)				

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Demonstrates proper procedure for care for and cleaning of the metered-dose inhaler and chamber			
Returns medication container to the appropriate locked storage space			
Clean up:			
Wipes off counter			
Returns MAR to proper location			
Washes hands			

SAMPLE